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Diabetes Medical Nutrition Algorithm Type 2 Prevention and Therapy/ Type 1 Therapy

Impaired Fasting Glucose 110–125 mg/dL

Diabetes Mellitus > 126 mg/dL Post challenge > 200 mg/dL

Medical Nutrition Therapy

by Registered Dietitian, Licensed Dietitian or Certified Diabetes Educator

Individual Nutrition Assessment

Anthropometrics, Medical History, Lab Values, Food Habits, Lifestyle, Psychosocial, Readiness to Change

Interventions

• Self-monitored blood glucose (SMBG)

Post challenge 140-199 mg/dL

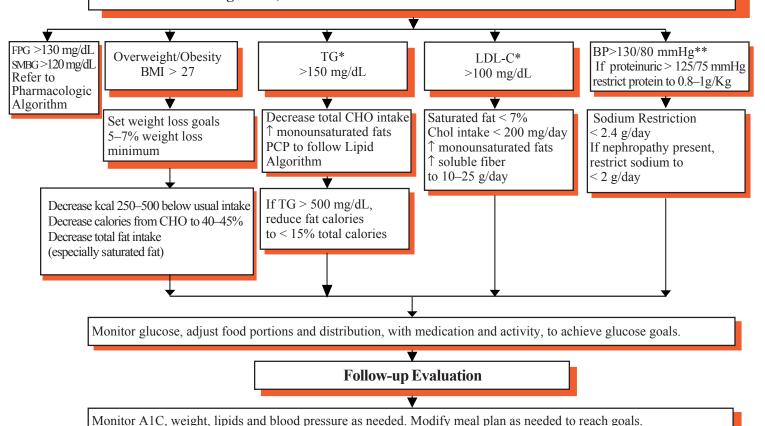
- Increase physical activity (Refer to Exercise Algorithm)
- Meal plan

Distribute food throughout the day to avoid large concentrations of calories or carbohydrates that cause postprandial glucose elevations

Individualized meals and snacks to include healthy food choices

↑ dietary fiber intake to 25–35 g/day

- Incorporate other needed diet modifications with diabetes meal plan
- Promote weight loss, if needed



If BG goals are not met within 1–3 months

Evaluate nutrition care plan, re-educate and review goals

Verify patient follow-up with PCP/healthcare provider for drug therapy (per Pharmacologic Algorithm)

